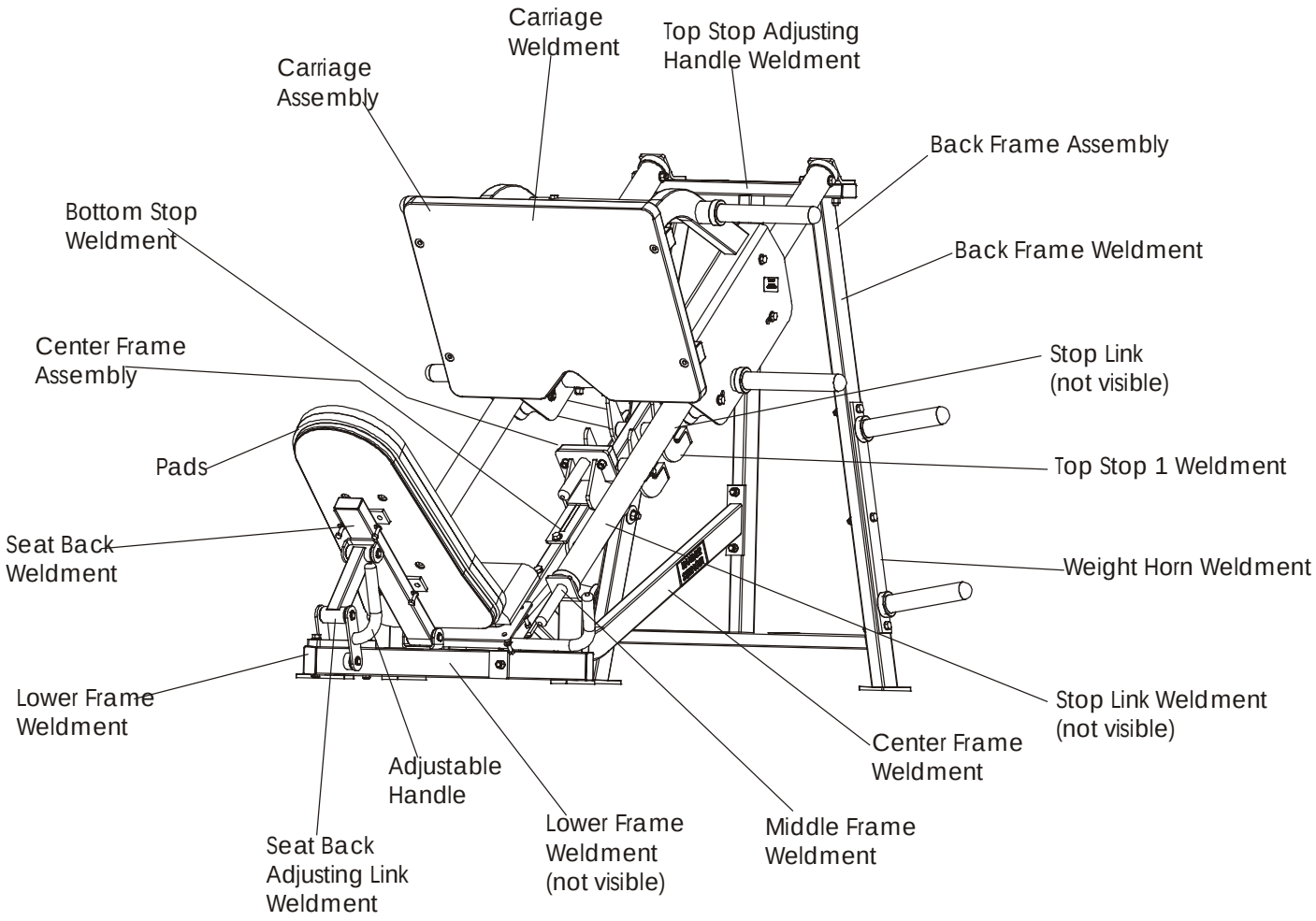
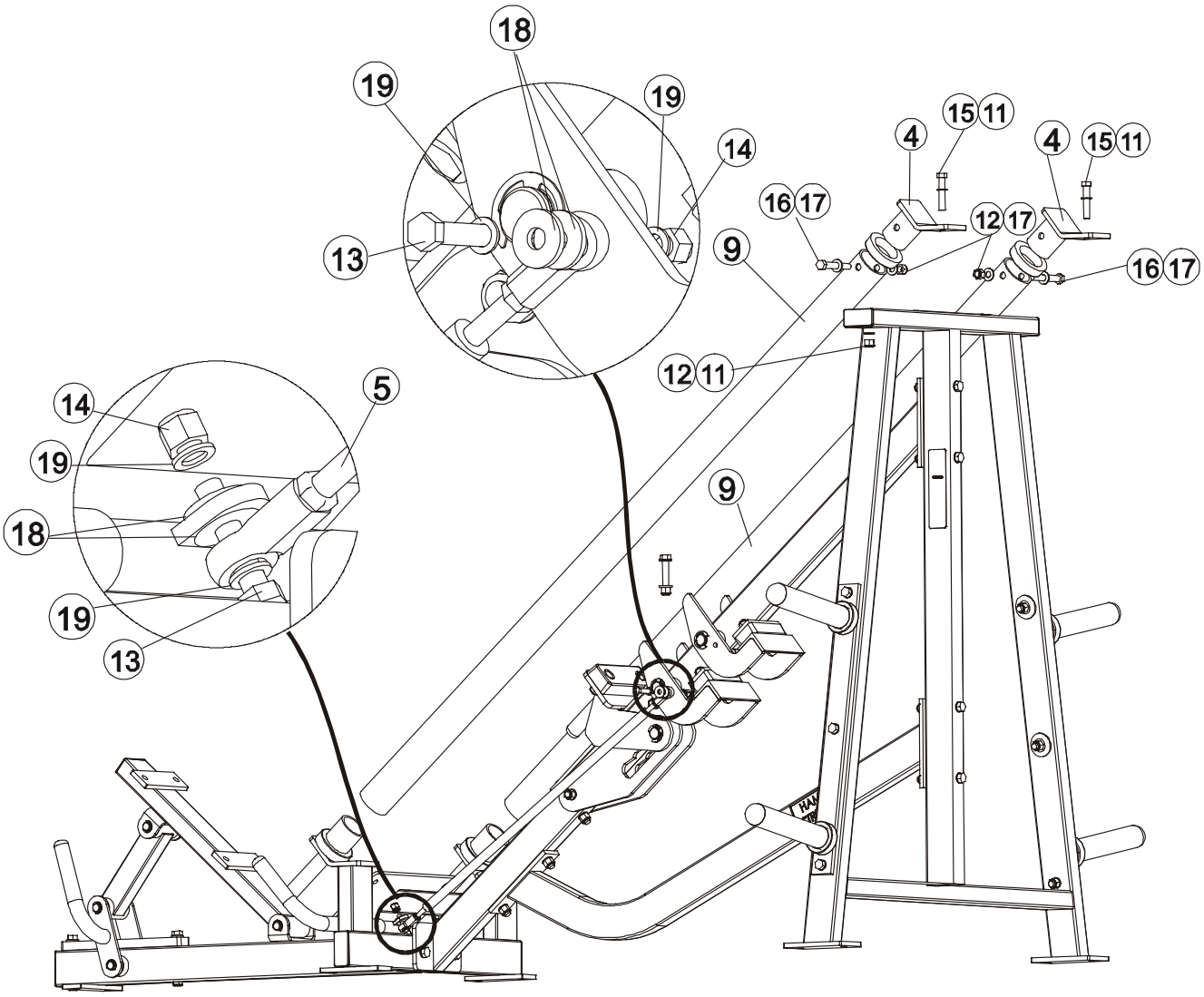
LIFE FITNESS HAMMER STRENGTH EQUIPMENT
PLLL-Plate Loaded Linear Leg Press - Main Assembly



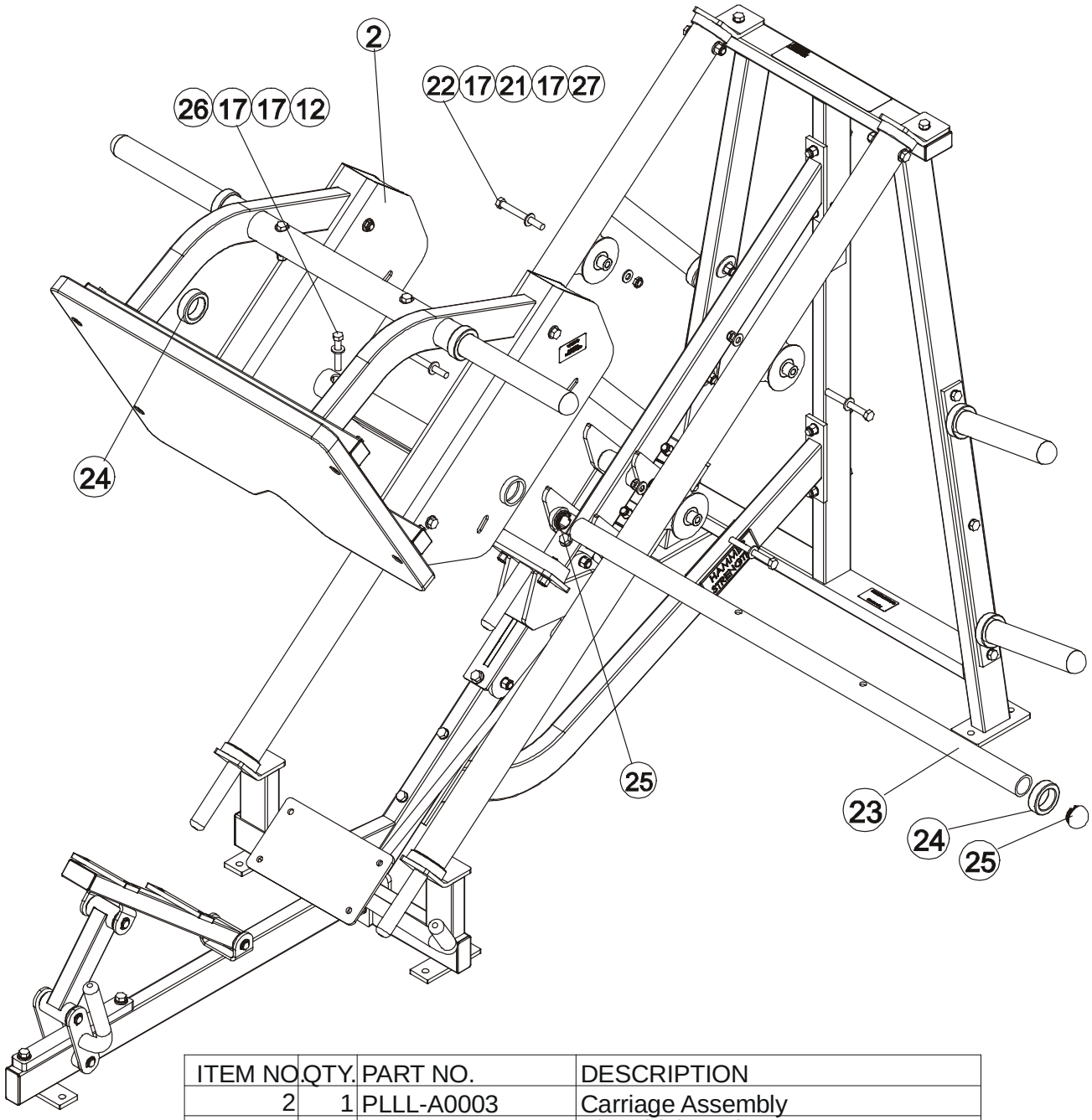
Note: Call-outs are “Linked” to a detailed parts page. Due to the limited perspective of the illustration above, the call-out may or may not be pointing directly to the component. For complete parts list, simply click-ON the call-out.

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Stop Link and Pipe Support Assemblies



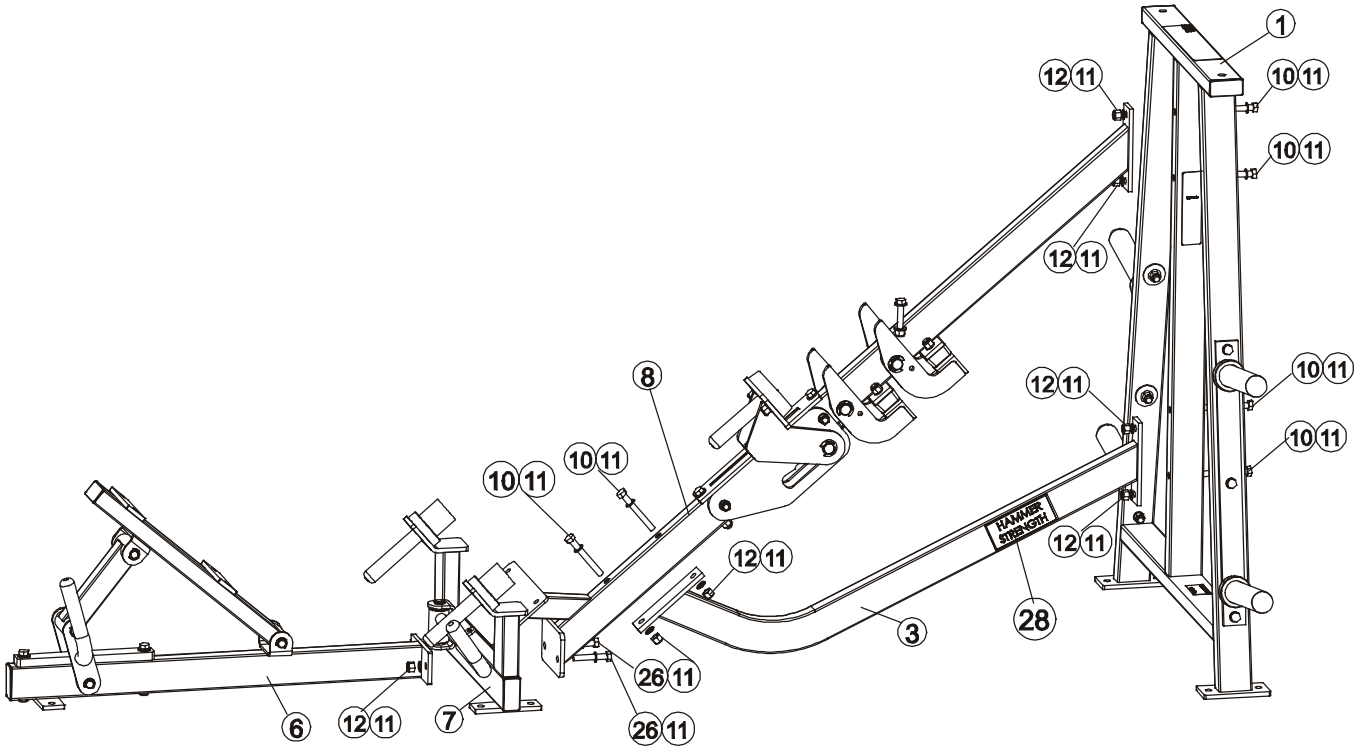
ITEM NO.	QTY.	PART NO.	DESCRIPTION
4	2	PLLL-S0012	PIPE SUPPORT ASSEM.
5	1	PLLL-A0016	STOP LINK ASSEM.
9	2	PLLL-M0017	PIPE RAIL
11	20	0017-00104-0379	1/2" Internal Lock Washer
12	14	0017-00103-0223	1/2" Thick Lock Nut
13	2	0017-00101-1413	3/8 X 1 3/4 Bolt
14	2	0017-00103-0229	3/8" Thick Lock Nut
15	2	0017-00101-1573	1/2 X 2 3/4 Bolt
16	2	0017-00101-1575	1/2 X 3 3/4 Bolt
17	16	0017-00104-0311	1/2" SAE Flat Washer
18	4	0017-00104-0356	WSH 375 - .XXX - 125 FLAT NY
19	4	0017-00104-0352	WASHER, FLAT

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Carriage Assembly



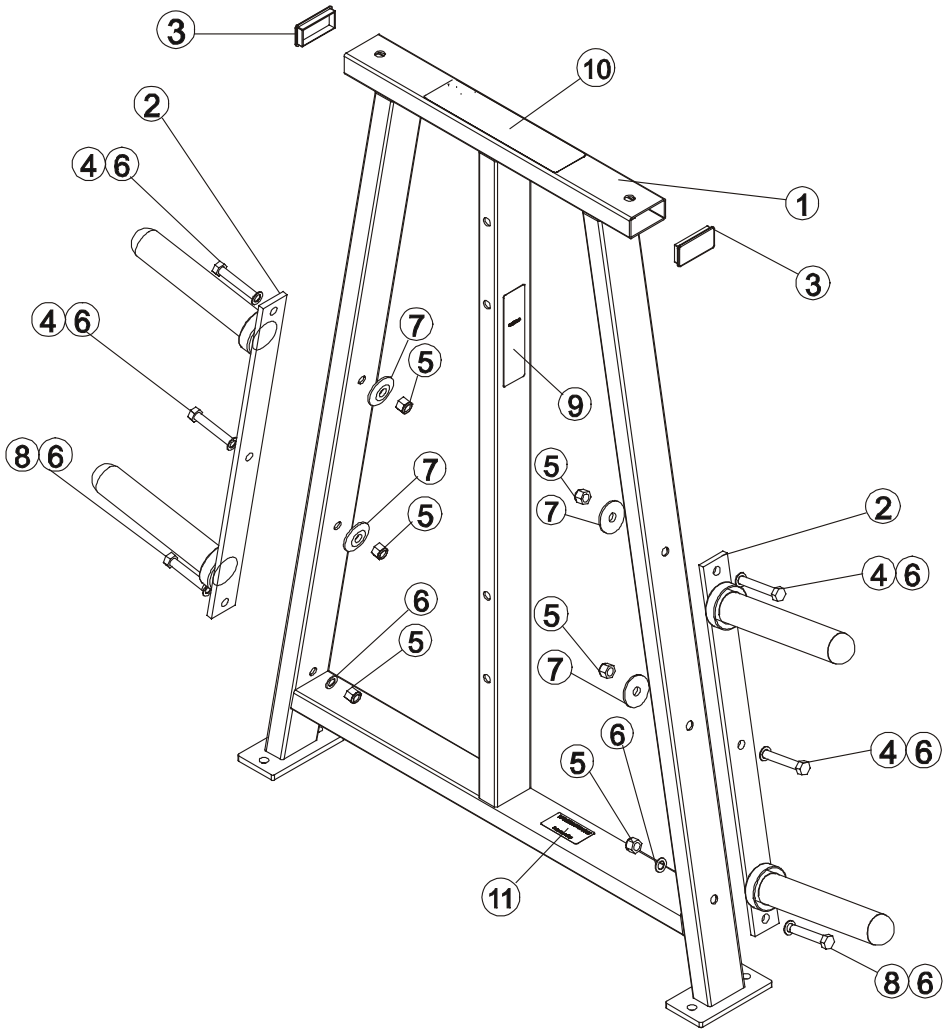
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	PLLL-A0003	Carriage Assembly
12	14	0017-00103-0223	1/2" Thick Lock Nut
17	16	0017-00104-0311	1/2" SAE Flat Washer
21	4	0017-00009-1098	ROLLER ASSEM.
22	4	0017-00101-1579	1/2 X 4 1/2 Bolt
23	1	PLLL-M0014	Weight bar
24	2	0017-00042-1036	WEIGHT PLATE DONUT BUMPER
25	2	0017-00042-1091	BULLET END CAP
26	4	0017-00101-1582	1/2 X 3 Bolt
27	4	0017-00103-0224	1/2" Thin Lock Nut

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Back Frame Assembly



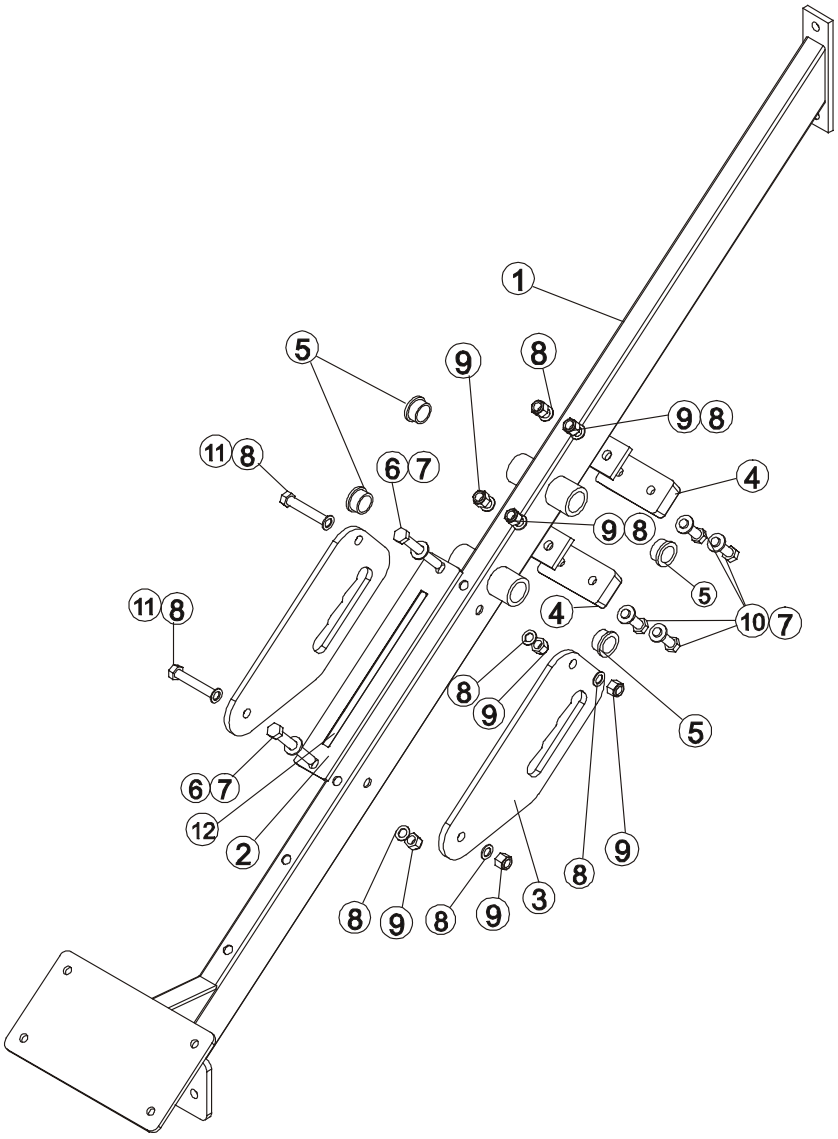
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-A0001	BACK FRAME ASSEM.
3	1	PLLL-S0008	Center Brace ASSEM.
6	1	PLLL-A0019	LOWER FRAME ASSEM.
8	1	PLLL-A0020	CENTER FRAME MAIN ASSEM.
10	6	0017-00101-1576	1/2 X 4 1/4 Bolt
11	20	0017-00104-0379	1/2" Internal Lock Washer
12	14	0017-00103-0223	1/2" Thick Lock Nut
26	4	0017-00101-1582	1/2 X 3 Bolt
28	2	M051-00289-A000	HAMMER STRENGTH NAME PLATE

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Back Frame Weldment



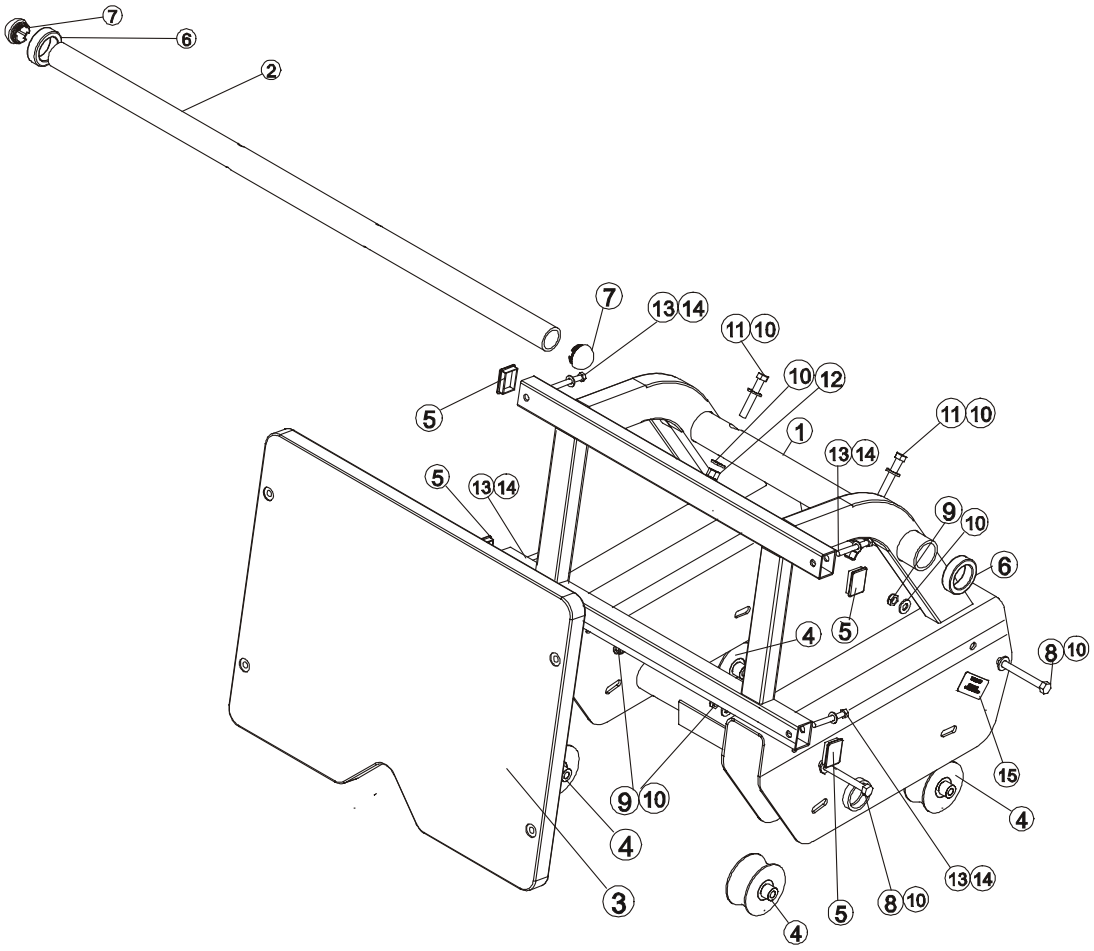
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0001	BACK FRAME WLDMNT.
2	2	PLLL-A0015	WEIGHT HORN ASSM.
3	2	0017-00042-1038	1 1/2 X 3 End Cap
4	4	0017-00101-1582	1/2 X 3 Bolt
5	6	0017-00103-0223	1/2" Thick Lock Nut
6	8	0017-00104-0379	1/2" Internal Lock Washer
7	4	0017-00104-1385	HAMMER WASHER
8	2	0017-00101-1573	1/2 X 2 3/4 Bolt
9	1	M051-00335-A000	WARNING DECAL
10	1	M051-00459-A000	PLLL INST. DECAL
11	1	M051-00299-A000	HAMMER PATENT DECAL

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Center Frame Weldment



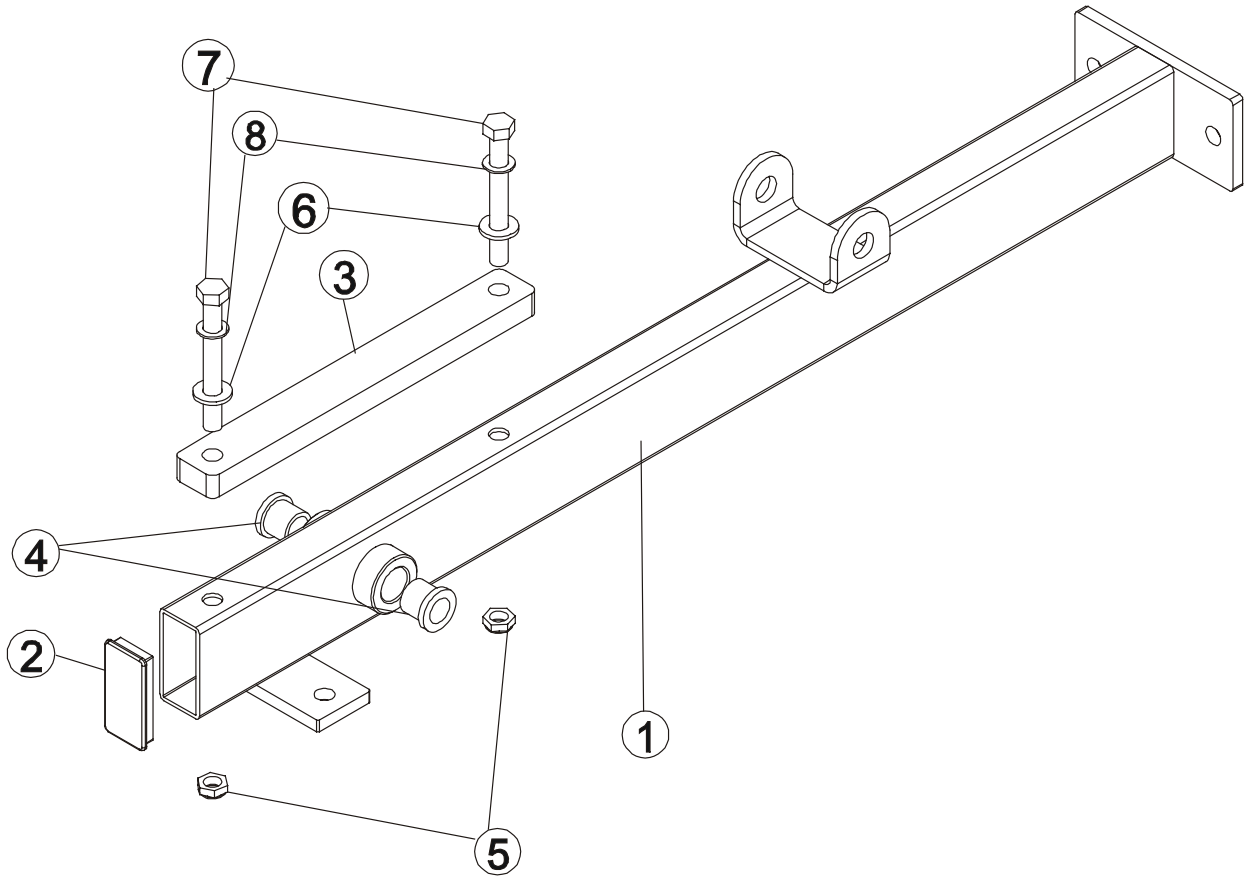
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0002	CENTER FRAME WLDMNT.
2	1	PLLL-M0009	STOP WEAR PLATE
3	2	PLLL-P0006	BOTTOM ADJ. PLATE
4	2	0017-00042-1039	Bumper, Hammer Style (Short)
5	4	0017-00009-0925	1" I.D. OILLITE BUSHING
6	2	0017-00101-1576	1/2 X 4 1/4 Bolt
7	6	0017-00104-0311	1/2" SAE Flat Washer
8	10	0017-00104-0379	1/2" Internal Lock Washer
9	8	0017-00103-0223	1/2" Thick Lock Nut
10	4	0017-00101-1595	1/2 X 1 3/4 Bolt
11	2	0017-00101-1582	1/2 X 3 Bolt
12	1	M051-00494-A000	PLLL STOP ADJ. STICKER

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Carriage Weldment



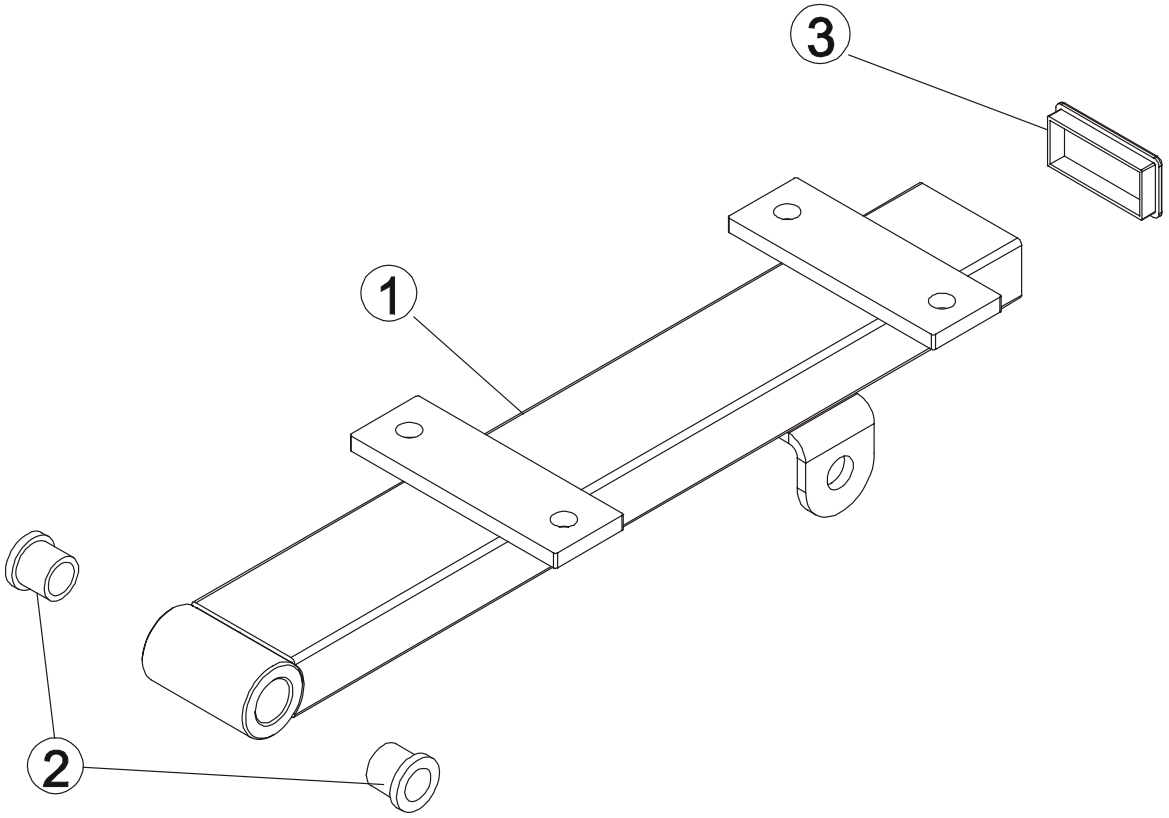
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0003	CARRIAGE WLDMNT.
2	1	PLLL-M0014	Weight bar
3	1	PLLL-P0004	FOOT PLATE 1
4	4	0017-00009-1098	ROLLER ASSEM.
5	4	0017-00042-0945	1 1/2 X 2 Endcap
6	2	0017-00042-1036	WEIGHT PLATE DONUT BUMPER
7	2	0017-00042-1091	BULLET END CAP
8	4	0017-00101-1579	1/2 X 4 1/2 Bolt
9	4	0017-00103-0224	1/2" Thin Lock Nut
10	12	0017-00104-0311	1/2" SAE Flat Washer
11	2	0017-00101-1582	1/2 X 3 Bolt
12	2	0017-00103-0223	1/2" Thick Lock Nut
13	4	0017-00101-1422	3/8 X 3 Bolt
14	4	0017-00104-0313	3/8" SAE Flat Washer
15	2	M051-00293-A000	WARNING DECAL

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Lower Frame Weldment



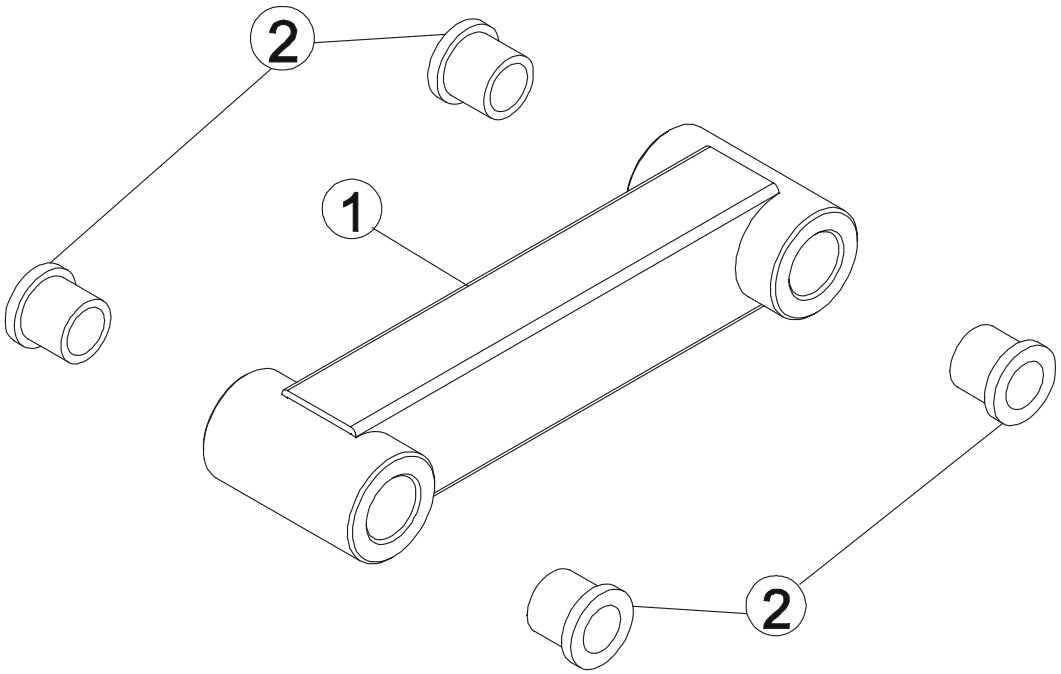
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0004	LOWER FRAME WLDMNT.
2	1	0017-00042-1038	1 1/2 X 3 End Cap
3	1	0017-00042-1092	STRIP BUMPER
4	2	0017-00009-0929	3/4 I.D. OILITE BUSHINB; FLANG
5	2	0017-00103-0224	1/2" Thin Lock Nut
6	2	0017-00104-0311	1/2" SAE Flat Washer
7	2	0017-00101-1576	1/2 X 4 1/4 Bolt
8	2	0017-00104-0379	1/2" Internal Lock Washer

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Seat Back Weldment



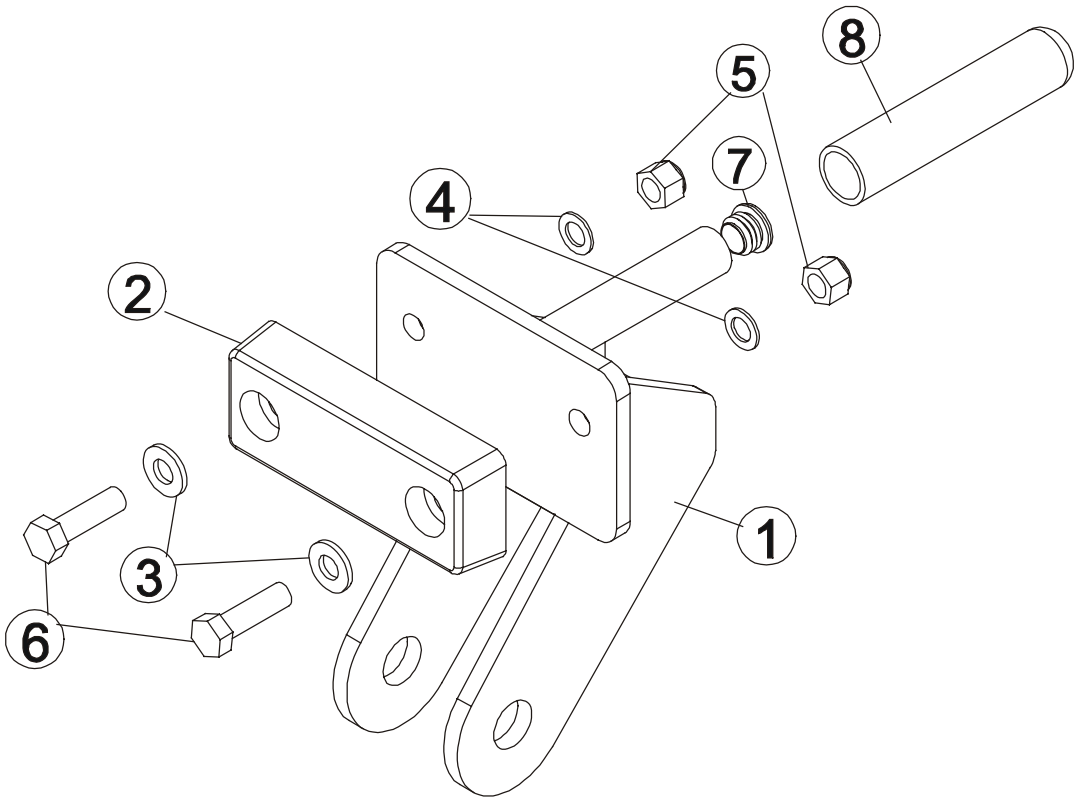
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0005	SEAT BACK WLDMNT.
2	2	0017-00009-0929	3/4 I.D. OILITE BUSHINB; FLANG
3	1	0017-00042-1038	1 1/2 X 3 End Cap

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Seat Back Adjusting Link Weldment



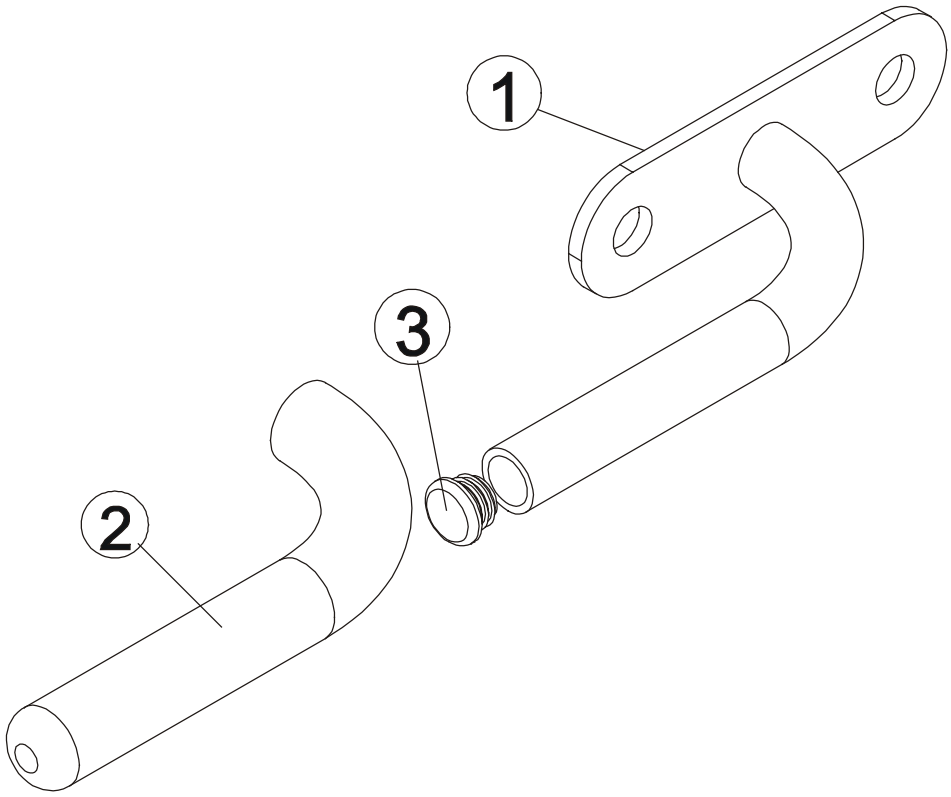
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0006	SEAT BACK ADJ. LINK WLDMNT.
2	4	0017-00009-0929	3/4 I.D. OILITE BUSHINB; FLANG

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Bottom Stop Weldment



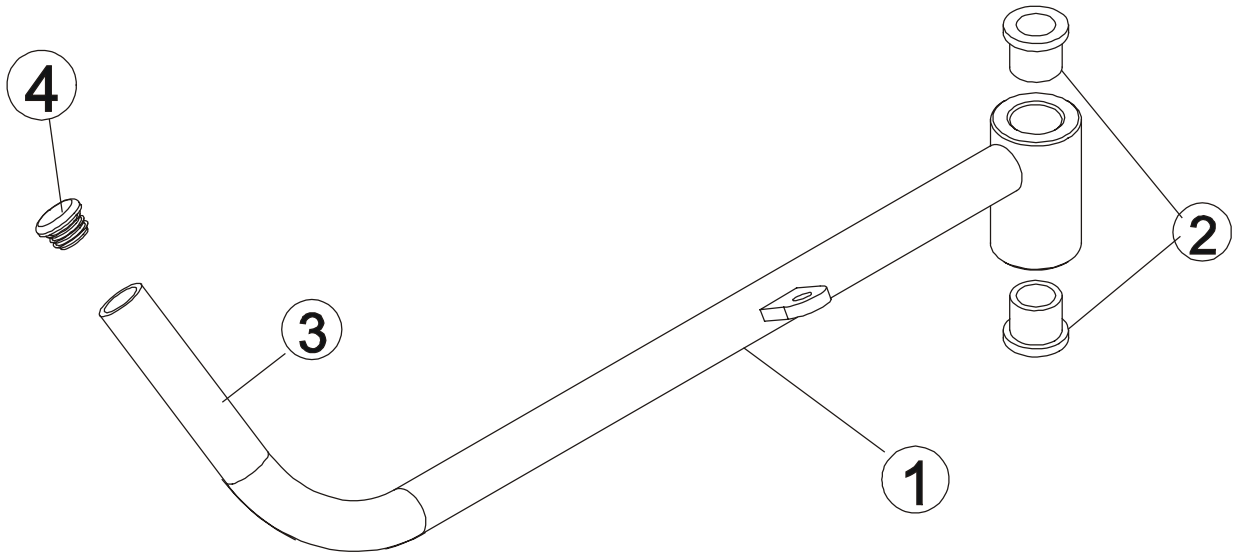
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0007	BOTTOM STOP WLDMNT.
2	1	0017-00042-1037	Bumper, Hammer Style (Long)
3	2	0017-00104-0311	1/2" SAE Flat Washer
4	2	0017-00104-0379	1/2" Internal Lock Washer
5	2	0017-00103-0223	1/2" Thick Lock Nut
6	2	0017-00101-1595	1/2 X 1 3/4 Bolt
7	1	0017-00042-0974	CAP PLUG (1.00 X .120 TUBE)
8	1	PLLL-[illegible]015	1.00" HAMMER GRIP (5.50")

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Adjustable Handle



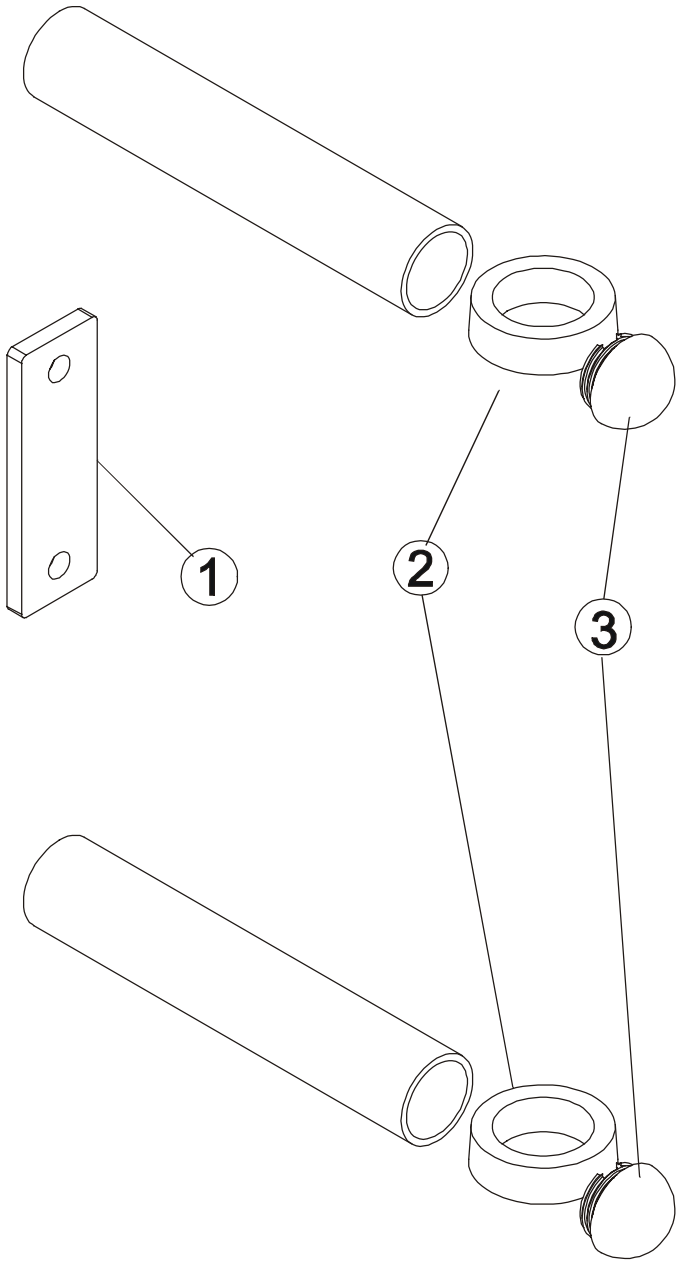
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0009	ADJ. HANDLE
2	1	PLLL-0015	1.00 " HAMMER GRIP (9.625")
3	1	0017-00042-0974	CAP PLUG (1.00 X .120 TUBE)

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Top Stop Adjustable Handle Weldment



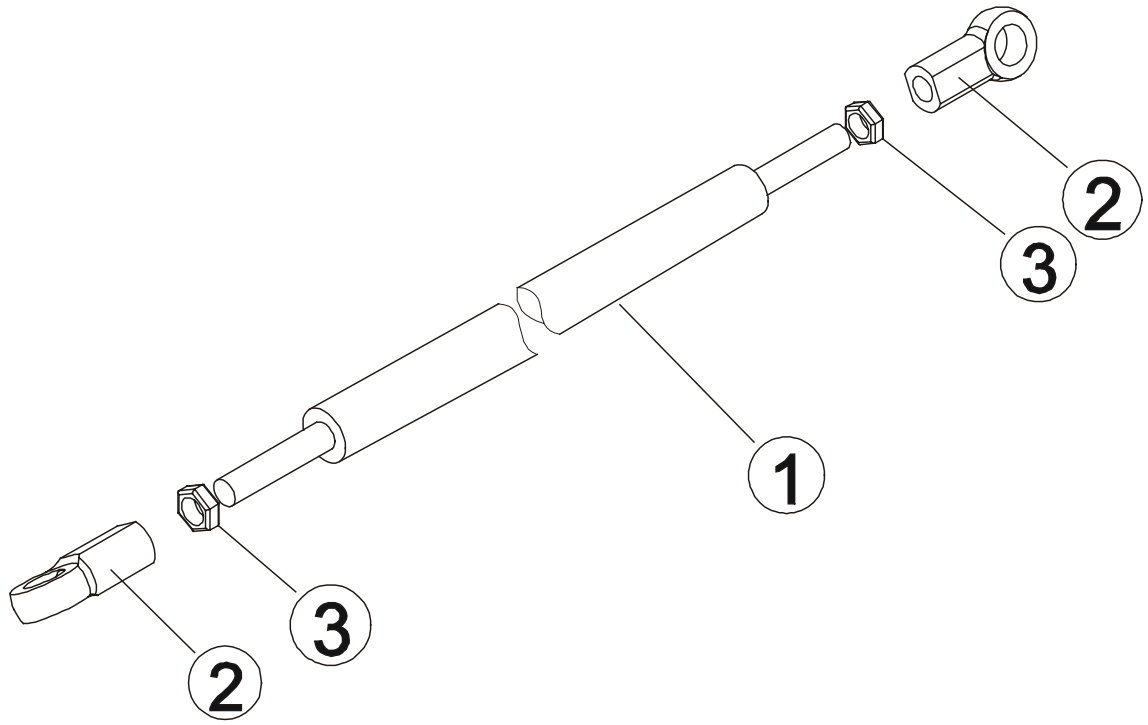
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0014	TOP STOP ADJ. HANDLE WLDMNT.
2	2	0017-00009-0929	3/4 I.D. OILITE BUSHINB; FLANG
3	1	PLL[illegible]0015	1.00 " HAMMER GRIP (16")
4	1	0017-00042-0974	CAP PLUG (1.00 X .120 TUBE)

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Weight Horn Weldment



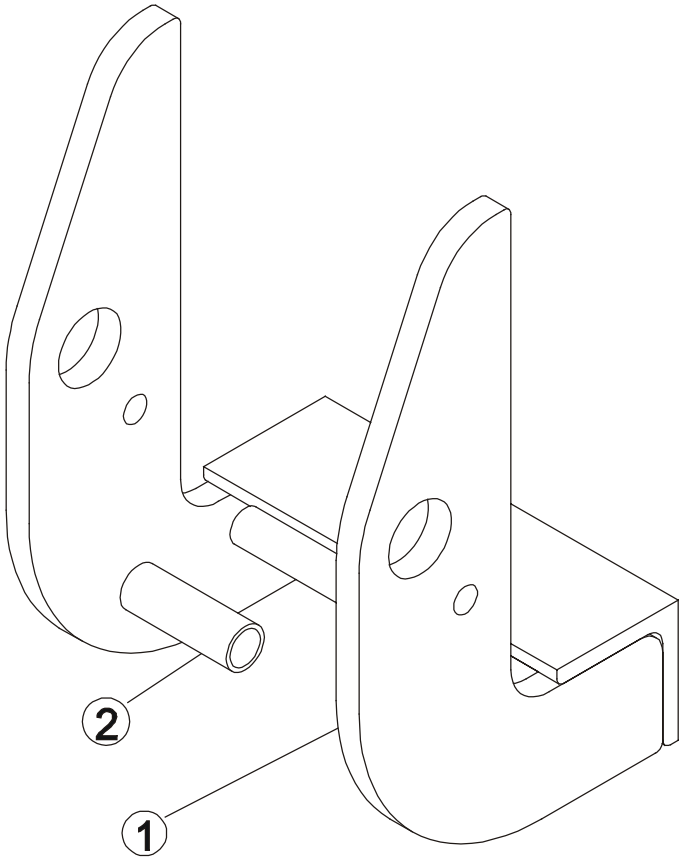
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0015	WEIGHT HORN WLDMNT.
2	2	0017-00042-1036	WEIGHT PLATE DONUT BUMPER
3	2	0017-00042-1091	BULLET END CAP

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Stop Link Weldment



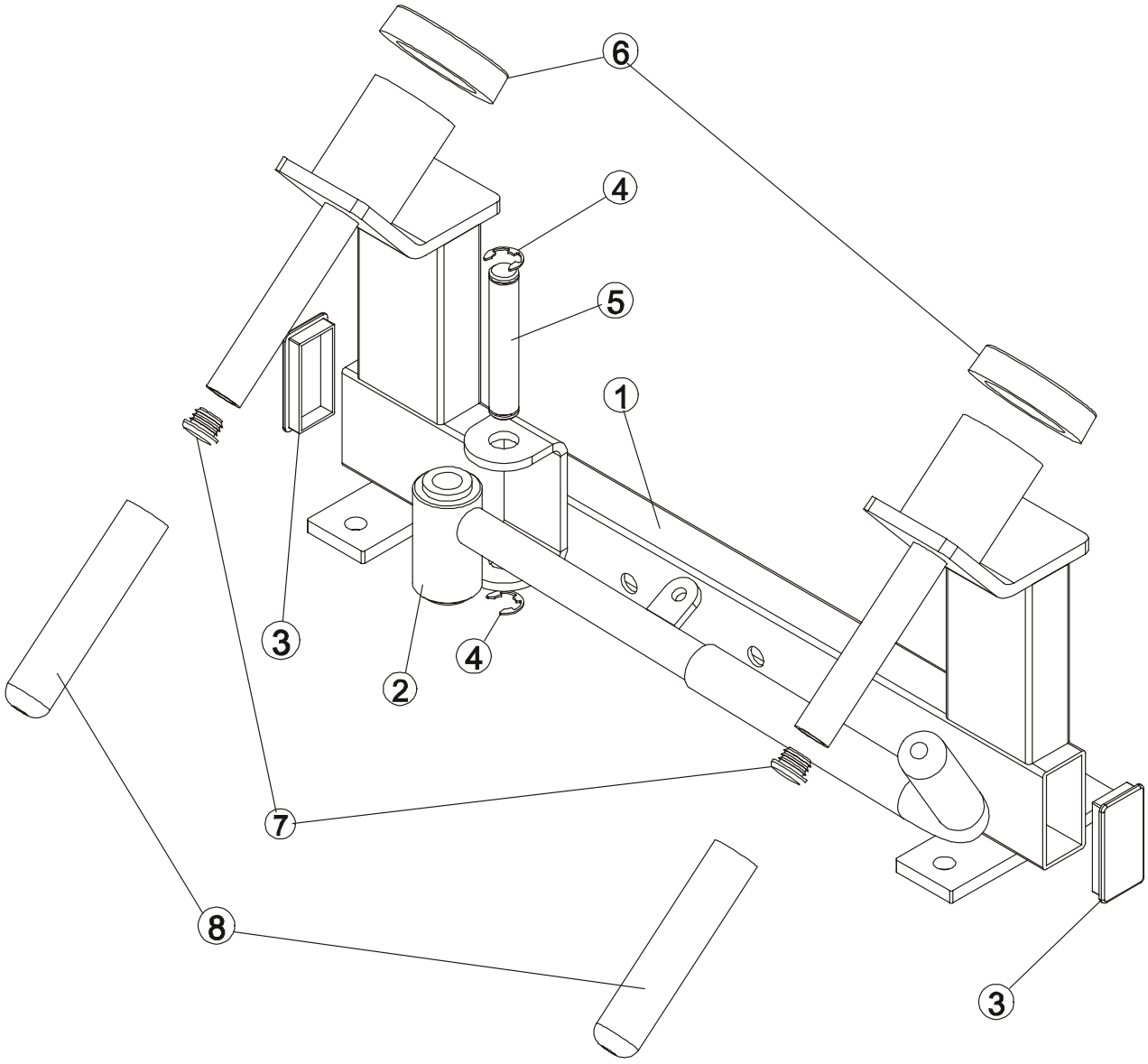
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0016	STOP LINK WLDMNT.
2	2	0017-00009-0960	.375 rt. th. hyme joint
3	2	0017-00103-0231	Jam Nut

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Top Stop 1 Weldment



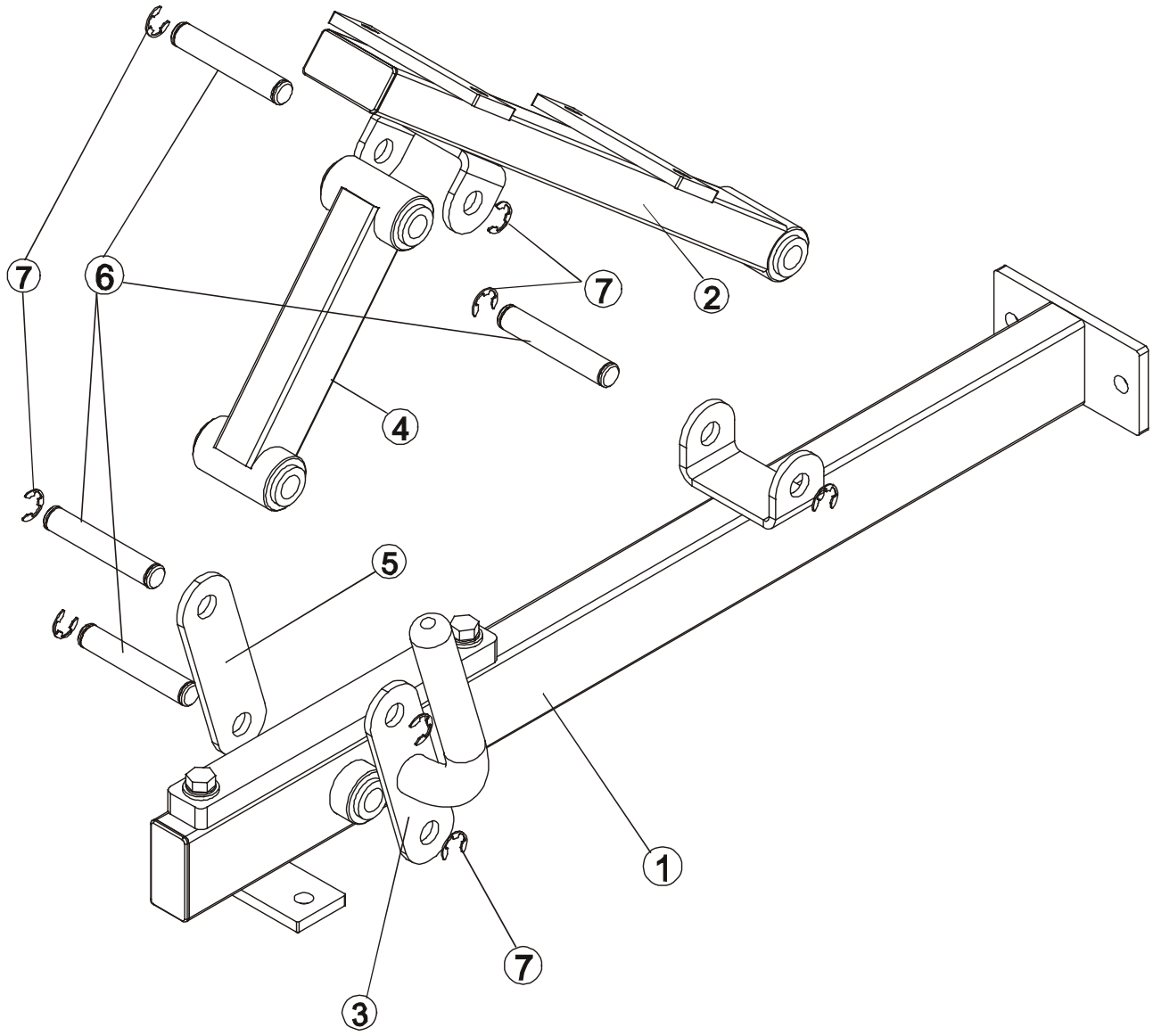
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0017	TOP STOP 1 WLDMNT.
2	1	PLLL-CUT02	1.75" NYLON PEG COVER

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Middle Frame Weldment



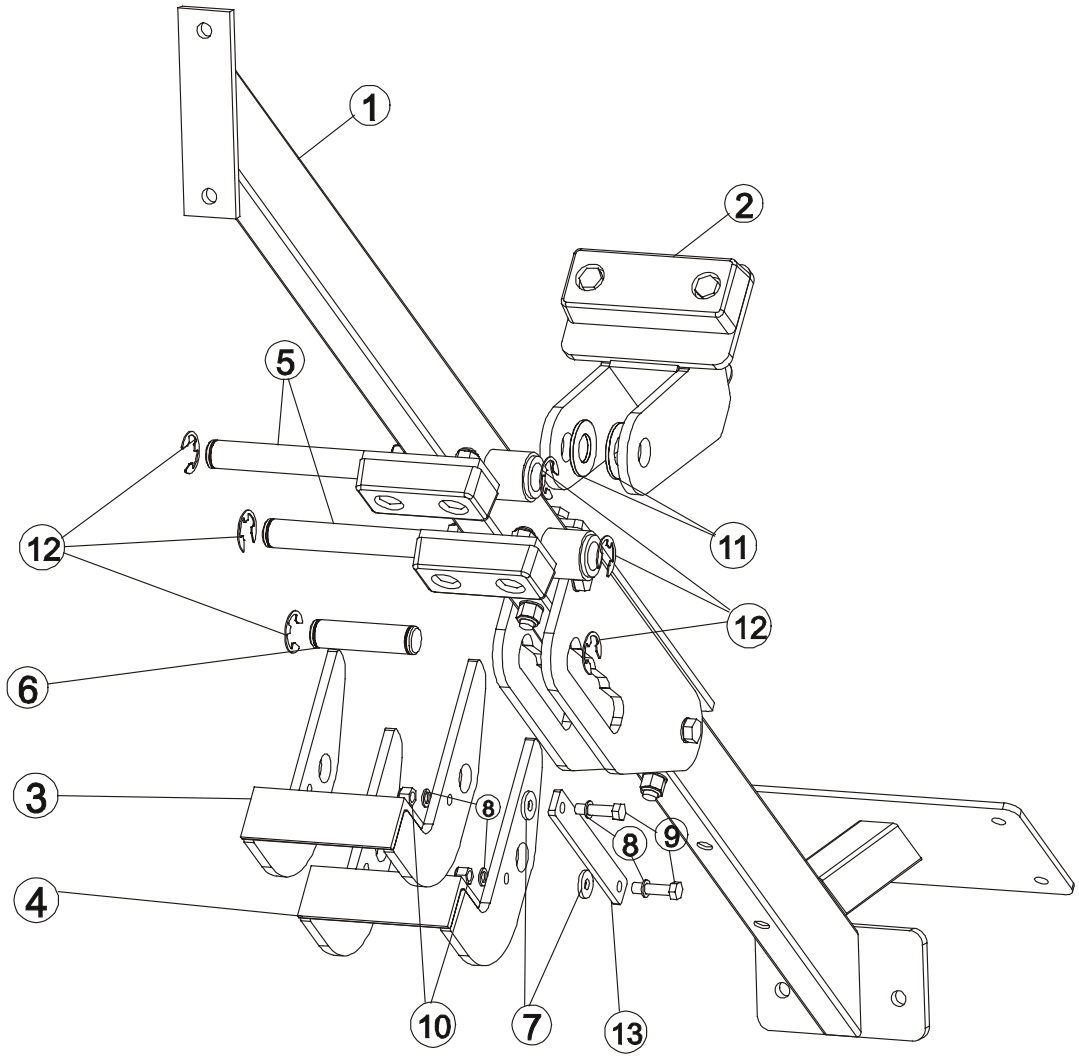
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-S0018	MIDDLE FRAME WLDMNT.
2	1	PLLL-A0014	TOP STOP ADJ. HANDLE ASSEM.
3	2	0017-00042-1038	1 1/2 X 3 End Cap
4	2	0017-00009-1028	E-CLIP
5	1	FB31-M0038-0000	AXEL (2)
6	2	PLLL-P0014	LARGE DONUT BUMPER
7	2	0017-00042-0974	CAP PLUG (1.00 X .120 TUBE)
8	2	PLLL-[illegible]5	1.00" HAMMER GRIP (5.50")

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Lower Frame Assembly



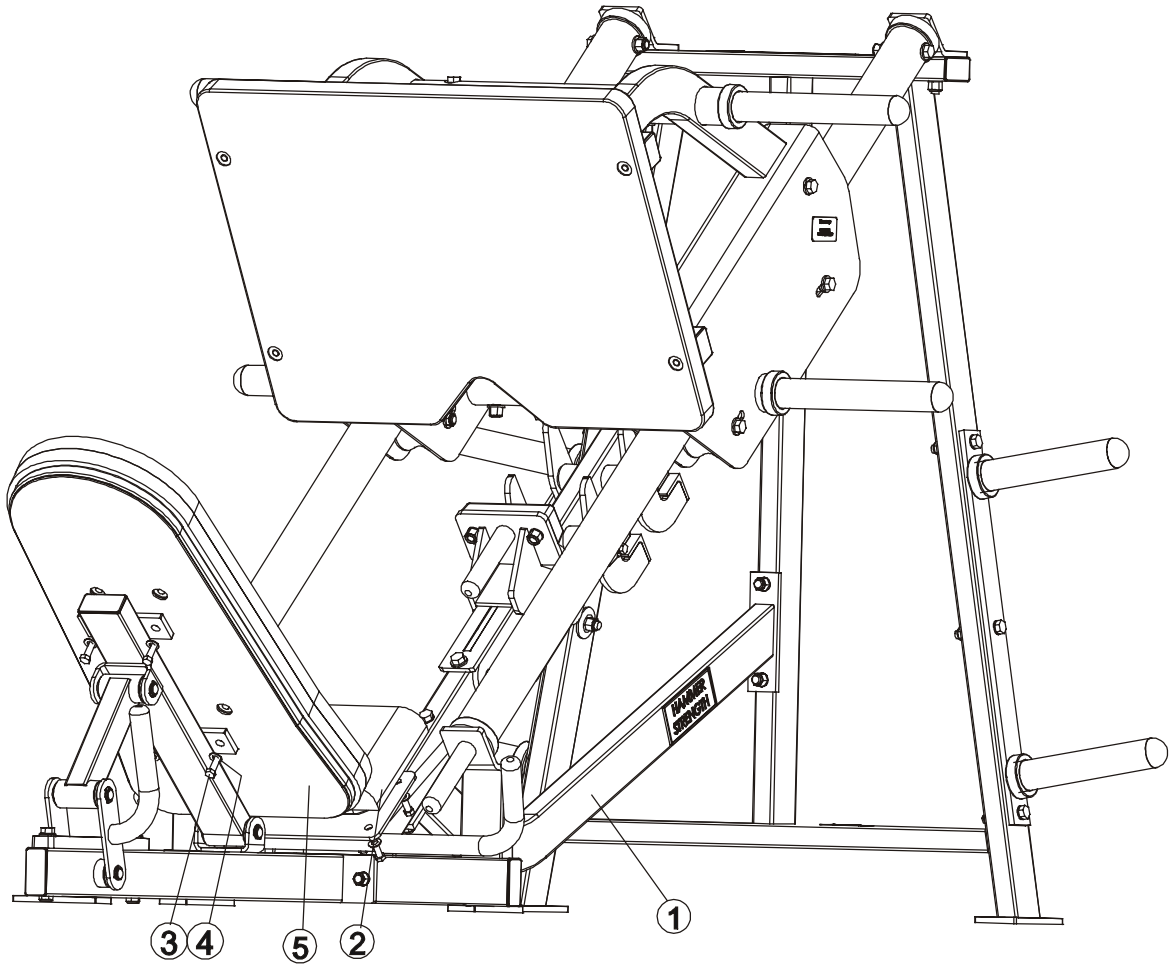
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-A0004	LOWER FRAME ASSEM.
2	1	PLLL-A0005	SEAT BACK ASSEM.
3	1	PLLL-A0009	BACK ADJ. HANDLE ASSEM.
4	1	PLLL-A0006	SEAT BACK ADJ. LINK ASSEM.
5	1	PLLL-P0012	ADJ. LINK
6	4	FB31-M0038-0000	AXEL (2)
7	8	0017-00009-1028	E-CLIP

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
Center Frame Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-A0002	CENTER FRAME ASSEM.
2	1	PLLL-A0007	BOTTOM STOP ASSEM.
3	1	PLLL-A0017	TOP STOP 1 ASSEM.
4	1	PLLL-S0013	TOP STOP 2
5	2	PLLL-M0022	1" Pin (long)
6	1	PLLL-M0021	1" Pin (short)
7	2	0017-00104-0356	WSH 375 - .XXX - 125 FLAT NY
8	4	0017-00104-0352	WASHER, FLAT
9	2	0017-00101-1411	3/8 X 1 1/2 Bolt
10	2	0017-00103-0229	3/8" Thick Lock Nut
11	2	0017-00104-1384	1." NYLON WASHER
12	6	0017-00009-1103	1" E CLIP
13	1	PLLL-M0019	STOP LINK

LIFE FITNESS HAMMER STRENGTH EQUIPMENT
PADS



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLL-A0000	MAIN ASSEM.
2	1	0K50-US079-0000	PLLL SEAT PAD
3	8	0017-00101-1412	3/8 X 1 1/4 Bolt
4	8	0017-00104-0313	3/8" SAE Flat Washer
5	1	0K50-US078-0000	PLLL BACK PAD